

# Facets

APRIL 2010

## Spring Thaw



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.....  
**Amy Clark** RD, LD





# WELCOME TO Facets

Fac-et - n.

1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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## In this issue

- 4 VETERAN SALE-ERS**  
Garage and yard sales are where these women find the bargains.
- 5 SPRING CLEANING**  
Sometimes the yearly ritual can be a battlefield.
- 6 DIETITIAN**  
Shop by numbers to ease label-reading confusion.
- 7 FITNESS**  
Taxing spring training.
- 8 SOMETHING TO LOOK FORWARD TO**  
Hair and fashion tips from stylist Joshua Duchene.
- 9 DECORATIVE PAINTING**  
What's hot and what's not.
- 10 FACETS CALENDAR**
- 11 GARDENING**  
Ideas about how to keep the rabbits out of your garden.
- 14 FOOD BITES**  
Asparagus-raspberry medley – a preview of coming attractions.
- 15 SPRING BRUNCH**  
Serve confetti egg bake or German puff pancake at your first brunch of the season.
- 16 GIRLFRIEND'S GUIDE TO FINANCIAL INDEPENDENCE**
- 17 SKIN CARE**  
Is mineral makeup right for you?
- 19 PLANNING A WEDDING**  
Facets writer gives tips from her own experience.
- 20 FACETED WOMAN**  
Meet Andrea Henry.
- 22 HUE & CRY**  
Hello spring!

Cover image: Kristy Miller, of Kelley, knows where to find good bargains on children's clothing and toys. She hits the garage sales in Huxley and Ames most Saturday mornings during spring and summer.

Photo by Ronnie Miller/Facets

April 2010 | FACETS | 3

Candy Anderson lives in Jewell with her husband. She is the mother of two and grandmother to six. She is the food Service director for South Hamilton School District. Her days are filled with family, friends and respites in Okoboji. Candy enjoys writing about life experiences and her passion for culinary arts.



Debra Atkinson, M.S., CSCS, graduated from Iowa State where she's also taught in the department of Kinesiology for 12 years. She has been a fitness professional — writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and Old English Sheepdog.



Peggy Best is an administrative specialist for the Center for Crops Utilization Research and the BioCentury Research Farm at Iowa State University. She is married and resides in Ames. She has one son and one stepdaughter, and two grandsons.



Clare Bills is a decorative painter and writer from Ames. She and her husband have three grown children and four grandchildren.



Jenn Boccella is a freelance writer who grew up in Ames. She is a junior at Iowa State University, majoring in communication studies/journalism. Jenn loves the written word and she has two blog sites that have a very faithful following. When not studying or writing, you can find Jenn exercising, creating videos, spending time with friends, or having a cup of coffee at Café Milo.



Deborah Bunka is a freelance writer, graphic designer and jewelry makers. Her interests include politics, literature and geology. A Canadian native, she moved to Ames 12 years ago where she lives with her husband and two children.



Amy Clark received a bachelor's degree from Iowa State University in 2003, with an emphasis in dietetics. Memberships include the American Dietetic Association and Iowa Dietetic Association. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. She encourages people to focus on making healthy lifestyle changes one step at a time.



Kathy L. P. Cook, M.D., is a Board Certified Dermatologist. She works at Skin Solutions Dermatology in Ames.



Joshua Duchene is a licensed cosmetologist who works at a salon in Ames.



Nicole Lenz is a freelance writer. She is engaged to be married this month and currently lives in Clive.



Laura Millsaps is a local writer who contributes columns and features to Facets. She has been an Ames resident off and on since 1977, and enjoys her four sons, books and music.



Karen Petersen graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found on Ada Hayden Lake kayaking.



Contributors



# Veteran sale-ers:

By LAURA MILLSAPS

## Garage and yard sales are where these women find the bargains

**L**adies, circle your ads and start your engines. Garage sale season is only weeks away. For some, it's not just green grass, clean spring air and uncovering the grill that makes our hearts beat faster. It's the signs stuck on street corners, the stacks of clothes on card tables, and possibilities of bargains yet unknown that get us going.

In honor of all those for whom the words "neighborhood sale" and "early birds welcome" are the rallying cry, Facets profiles two dedicated garage sale fanatics. Let them inspire you to find your own treasures this spring, fifty cents at a time.

### Erica Sporrer, Gilbert High School senior, age 18

**Years on the prowl:** Since she was a little kid.

"Mom would give us a few dollars and we'd go out on our bikes. Once I found a gigantic teddy bear with a piggy bank necklace around its neck. The change in the piggy bank was worth more than what I paid for the bear, but then I had to bring that huge bear home on my bike!"

**Modus operandi:** Go with a little cash and an open mind.

"If I go wanting something specific, I'll never find it. But if I go with an open mind, I'll find lots of great stuff. That said, I'm not a pack rat. It has to be a practical item."

**Things she looks for:** Clothes, glass jars, teapots and gift items for friends.

"I once found a poster of my friend's favorite photo (The "sailor's kiss" photo from LIFE magazine) for 25 cents. It cost me next to nothing, but it made her super happy."

**Some memorable scores:** Cowboy boots, "just my size" for \$1, and a Sega Genesis complete with Mortal Kombat game for \$3.

"My twin brother and I used to play it all the time and regretted getting rid of it. It was so exciting to find it again, and for so cheap."

**Advice from this veteran:** "I never go out with more than \$10, and that's usually more than I need. There are plenty of great things you can get for just change."

### Kristy Miller, Kelley resident, age 30

**Years on the prowl:** Six, since she became pregnant with her son, Caden, now five years old.

"When I realized how expensive children's items were, I started looking at garage sales as a way to get ready for the baby."

### Earliest garage sale memory:

She and her husband, Ryan, shopped in the time-honored college student way: Dumpster diving.

"Our first furniture set, a sofa and love seat, were things other people threw away."

**Modus Operandi:** Strategic mapping of Ames and Huxley garage sales with ads from the Ames Tribune Classifieds.

"I have a color coded mapping system, and I underline each item that I'm interested in at each sale. This way I don't waste gas, and I can hit 20 to 25 sales in 3 1/2 hours on Saturday mornings. It's pretty efficient."

**Things she looks for:** Children's clothing for Caden and two-year-old daughter Addyson, toys, books, and items for the Miller home.

### Some memorable scores:

Miller's boxes of clothing for Caden and Addyson, who are growing fast as children do. For example, a yellow sundress and hat, \$1. Fifty cents for a shadow box frame. A pair of decorative mirrors for the living room, \$5. "Even things that are ugly colors, or a little scratched, spray paint will do wonders."

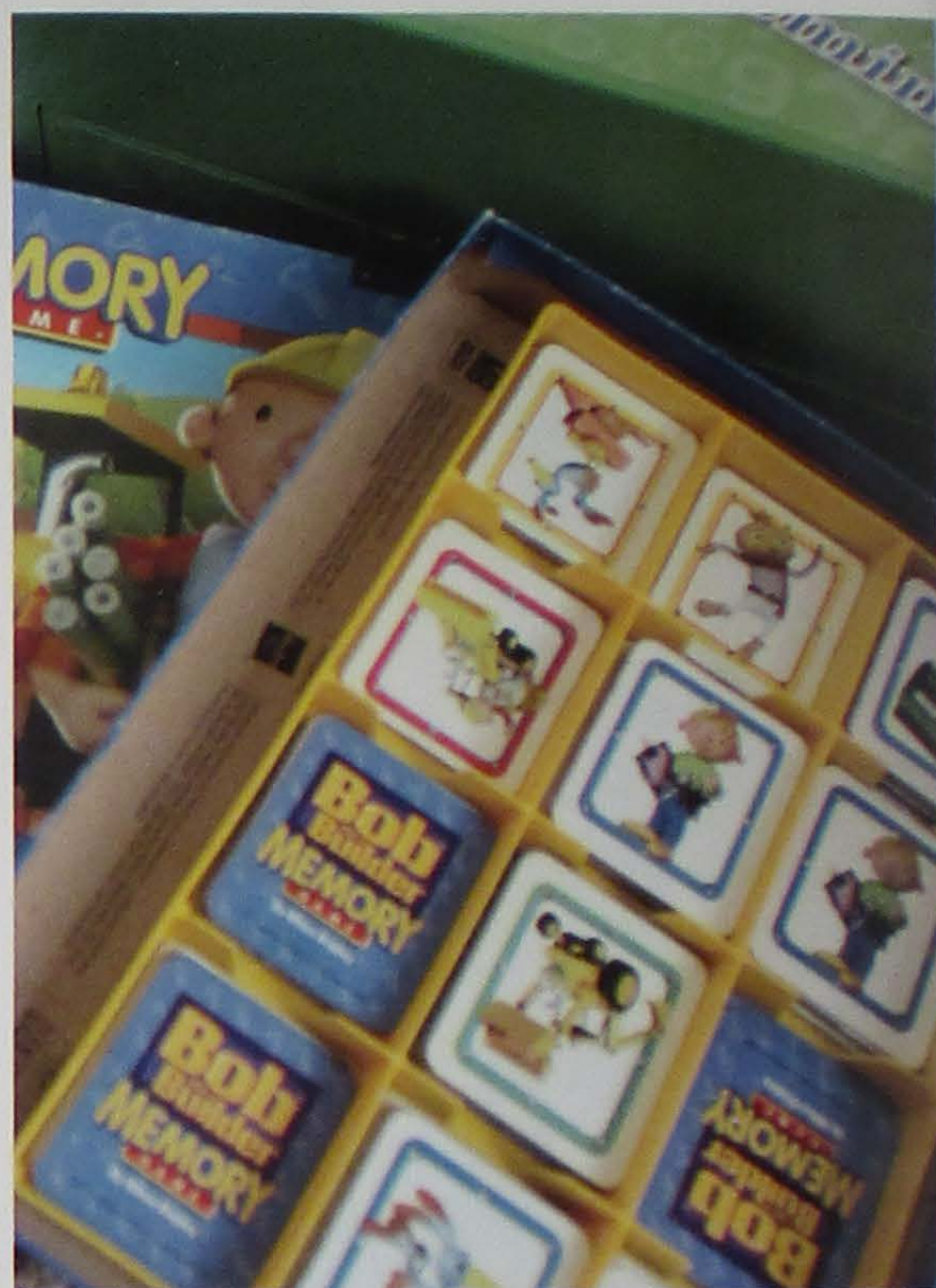


Photo by Ronnie Miller/Facets

Some of the treasures Kristy Miller, of Kelley, has found on her garage sale outings.

**Advice from this veteran:** "Be picky. I don't want to say I'm a brand name snob, but I want things to be good quality. And even if it's a good price it's not a good deal to spend money on something that's going to end up in a box in your basement."

For a list of garage sale Web sites, see page 7



Photo by Ronnie Miller/Facets.

Erica Sporrer, of Ames, got started going to garage sales at a young age with her mom, Lisa. Now she goes with friends and looks for treasures like her cowboy boots and the Sega Genesis she bought for \$3.



# Spring cleaning: It's a battlefield!

By JENN BOCCELLA

**D**ust clings to the blades of the ceiling fan, covering each one like a blanket. Desk drawers are bursting at the seams, full of old papers, receipts and random other treasures. Stains blot the carpet floor, adding a splatter of color here and there. Behind dressers and couches lurk extra-large dust bunnies having formed their ranks through the long winter months. After doing a little investigation, it becomes obvious the home is a war zone of dirt and grime. Conquering the battle will not be an easy one. Only those armed with latex gloves, sponges, and a can-do attitude will get the job done. It is time for the annual spring cleaning and it is an encounter only for the strong and the brave. Those mighty dust bunnies that have been growing over the winter are a force to be reckoned with. The stains on the carpet require getting down on all fours to scrub, scrub, and scrub again. Thinking about deep cleaning the entire house and what needs to be done in

every room is daunting; however, the dust bunnies, stains, and mess will not have the last stand.

In order to be successful and combat the dirt, there needs to be a strategic battle plan — in this case developing a checklist for every room and prioritizing what needs to be accomplished. Making a list of every task makes spring cleaning seem much more doable. And there is a sense of victory every time another cleaning task is crossed off the list. And what about that store room? Does that really count as an area that needs spring cleaning? It can be very discouraging walking into a storage room stacked with boxes and having no idea where to start. But try entering the storage room knowing you are going to rid yourself of clutter, and that the garbage can is your ally. It will feel like another victory.

While developing the plan of attack, like every good officer, one must take inventory of what weapons of mass cleaning are

needed to conquer the dust and dirt. All cleaning products and cleaning equipment should be assembled before attacking even the first task. Look online for recipes for home cleaning products; try a new "green" cleaning solvent, or treat yourself to a new carpet shampooer.

Being realistic about what can be accomplished in the time you have is a necessary part of the battle plan. Look at the time available to clean, what the priority areas are on the checklist, and adjust expectations accordingly. It is important to find the pace that fits your lifestyle best in order to win the battle.

As spring approaches, the smells of cleaning products and the hum of vacuum sweepers will fill homes everywhere. Without a doubt, stains will be destroyed, desk drawers will be organized, dust bunnies will be eliminated, and you can reclaim a fresh, sparkling new home for yet another year!

## Spring cleaning through the ages

By JENN BOCCELLA

**T**here is something cathartic about the ritual of spring cleaning. Coming out of winter's hibernation, throwing open the windows, and taking in the smells of spring revives the soul and renews one's energy. Cleaning at the onset of spring represents a "fresh start."

And although women have been spring cleaning for centuries, few are aware that this ritual has a rich history dating back thousands of years.

Some origins of spring cleaning center around religious practices. An article written by Tricia Ellis-Christensen titled "What are the Origins of Spring Cleaning?" found at [www.wisageek.com](http://www.wisageek.com) outlines some of these practices.

One possible place of origin is the Jewish celebration of Pesach, or Passover, which takes place in March or April of every year. The home is thoroughly cleaned before the celebration, especially in order to dispose of any leavened food, known as chametz; it is strictly forbidden during Passover in remembrance of the Jews' quick escape from Egypt, and even the tiniest crumb must be removed from the home.

Another origin comes from Nouroz, or the Persian New Year. Right before the celebration, which takes place during the beginning of every spring, Persian women traditionally clean the entire house — this includes floors, ceilings and furniture. This practice is called khooneh takouni, meaning, "shaking the house."

There is also some history of spring cleaning tied to our agricultural roots. Spring cleaning coincided with the beginning of planting season — the ultimate time to organize seeds and prepare the home for the busy year ahead.

No matter the origin, all have the same theme: a thorough cleaning of the home during the beginning of spring. In a nonscientific poll taken by yours truly of women in the



Ames area, all agreed that spring cleaning feels good, but is hard work. It is "refreshing, therapeutic and satisfying," voted those polled. "To me, spring cleaning means opening up the house, letting fresh air in to clean out the dust and stuffiness that has acquired during the long winter months. I look forward to the clean smells, clean kitchens, clean curtains, clean windows, clean bedding, etc., that spring cleaning entails!" says Maria Lovin, of Nevada, and recent graduate

*Spring Cleaning please see page 6*



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[www.amesracfit.com](http://www.amesracfit.com)

Spring Cleaning continued from page 5

of the University of Northern Iowa.

Also, those of us who are inexperienced as deep cleaners would be wise to listen to the advice of those who are experts. Ann Haugland, communication studies academic adviser at Iowa State University says, "Don't

try to do too much at one time. Pace yourself. Play loud music ... usually music from the past, in my case from the 60s!"

So, whether it is religious tradition or simply the beginning of a new season that calls us to spring cleaning, it truly represents a fresh start.

## Shop by numbers to ease label-reading confusion

By AMY CLARK, RD, LD

**W**hen you visit the grocery store, do you ever pick up similar products, compare their food labels and still wonder which product is nutritionally better for you? Some grocery stores, including Hy-Vee in Ames, use a nutritional scoring system that allows you to shop nutritionally with more ease, allowing you to spend less time in the grocery store and more time enjoying the wonderful outdoor spring weather.

This system is called NuVal™. NuVal is easy to understand and simple to use. Food products are scored from 1 to 100; the higher the number, the more nutritious the food. The scoring process incorporates 30 separate nutrients, some healthy and some not, and then mathematically produces a nutritional score. Nutrients with favorable effects on health are placed in the numerator, where higher values increase the score. Nutrients with unfavorable effects on health are placed in the denominator, where higher values decrease the score.

"If we want people to make good decisions about the foods they buy and eat, then we have the responsibility to give them information they can understand," says Dr. David Katz, of the Yale Prevention Research Center, who gathered an independent team of the nation's top nutrition and health experts to develop the algorithm that scores the food. The program doesn't label any product good or bad; it simply allows shoppers to make better selections within each category. The expert panel that created NuVal is unbiased and has no vested interest in the production, manufacturing or selling of food. In fact, you'll find the NuVal score on the shelf tag, rather than directly on the food package.

New scores are being added to food categories on a regular basis, including:

**Produce:** Fruits and vegetables

**Grocery:** Juice, canned vegetables, cereal, pasta, spaghetti sauce, salty snacks, bread, bookies and crackers, popcorn,

ketchup, mustard, barbecue sauce, mayonnaise, dried fruit, canned meat, syrup, pop, water, energy drinks, Powerade, tortillas, dried beans, Sugar, frosting, marshmallows, private label pop, baking mixes, pancake mix, Jell-O, pudding, canned soup, pie filling, candy, gravy, seasoning packets and flour.

**Frozen:** Frozen vegetables, frozen potatoes, ice cream, novelties, frozen fruit, frozen vegetarian entrees/soy burgers, frozen fish and frozen pizza.

**Dairy:** Refrigerated biscuits, refrigerated juice, milk, butter, margarine, yogurt, Eggo frozen waffles and eggs.

**Meat:** Beef, chicken, pork, seafood and refrigerated pickles.

The key to a successful diet is balance and variety. Choose foods across all categories and range of scores. However, the more frequently you choose foods with higher scores, the better your overall nutrition. Customers will still need to take into consideration serving size, food restrictions and special dietary needs when making food choices. The NuVal™ Nutritional Scoring System is not a weight loss program; however, eating more nutritious foods may result in weight loss, and may also result in a reduction in your risk for certain food-related diseases such as diabetes and heart disease.

NuVal™ provides customers the ability to make well-informed nutritional choices, one food at a time. The concept is simple: the higher the score, the higher the nutritional value. One number is all you need to know to make decisions about food for you and your family — decisions you can feel good about.

Go to [www.nuval.com](http://www.nuval.com) to learn more. Amy Clark can be reached at (515) 450-0508 or at [aclark@hy-vee.com](mailto:aclark@hy-vee.com).

This information is not intended as medical advice. Please consult a medical professional for individual advice.





**T**he secret to spring training that will get you summer-ready upper arms and bikini-ready thighs is not in the gym, the exercise room or the new pair of running shoes you're eyeing. The secret lies in finding what controls your motivation to do spring training in the first place.

For the majority of Americans it would be safe to say that the emotion attached to exercise is not a good one. Whether its fear, anger, humiliation, inferiority, intimidation, frustration, or one of their cousins, these tend to be more prevalent in association with exercise than the emotions of pride, joy, even mastery and accomplishment that a regular exerciser might associate with workouts.

If you are motivated now but haven't been exercising, or you haven't been exercising at the intensity that gets the results you want, chances are you have started and stopped before. In order to start for just one last time and make it stick you need to capitalize on more than the time of year for motivation. Label the reason behind the reason you want to start.

#### Do the emotional accounting

That's right, its tax season. You need to determine how much not having what you want is costing you. What will you be able to do when you reach your goal? How will you feel? What is not having that now costing you? In time, energy, and even money; write it down.

What if you stayed on the same path you're on right now? How will you feel in six months? And what if instead, you got started doing the things that you need to do? What's the difference to you then in six months?

Next, rate on a scale of 1 to 10 how strongly you associate negative emotions with exercise. When you even think about exercise, does it bring back some strong memories?

#### Associate

Think about the last time you had the stomach flu or food poisoning. You probably avoided the food that you had just before the onset of "sick" for more than a reasonable time. Even that one-time association is so strong that it can last for years. If you grew



up struggling with your weight, were chosen last for teams, had a coach who used exercise as a punitive measure, then you have a justified and fairly deep negative association.

In order to overcome that and get even stronger positive emotions associated with your goals and reaching them, you have to do some heavy thinking before you do any light or heavy lifting. Ultimately, yes, every fitness professional on the planet wants you to learn to enjoy the experience, not just the result, but that will only happen through very small micro steps.

Find a way that you can make exercise a pleasant experience. Meet a friend. Find a trainer whose presence keeps you believing you can do it and helps you feel that sense of accomplishment after a great workout. Watch a favorite show recorded or live. Listen to your favorite music, get some fresh air. Whatever it is that makes it a pleasure to do. Try various exercise classes. There are so many options that you will find something that isn't

painful, that makes you laugh and smile if you keep looking.

Check in with your support system. It's important that there's no guilt associated with your exercising. Cover all the bases. If you're using the TV for an exercise video takes it away from someone else, they might discourage you from exercising. If they have to wait longer for dinner because you're going to take a walk, they may do whatever they can to convince you not to do it. Make sure that if you have some negativity there that you ask for what you need, or offset any negative with positive sources of support elsewhere.

#### Start tracking yourself

People often use fatigue and over-booked schedules as an excuse not to exercise. Start creating movements and posture that affects your emotion. It will trick you into believing you have more energy and

*Garage Sale continued from page 8*

### The Odds 'n' Ends Box of favorite Web sites:

**www.weekendtreasure.com** — this site links on-line classifieds from newspapers across the nation with Google Maps to create a search engine for garage-salers. This is a good one if you're such a garage sale devotee that you want to travel to another city or state to do it.

**www.queenoffiftycents.blogspot.com** — A southern California librarian blogs about being a thrift store and yard sale

shopper, assessing her bargain beauties on a scale of "cost per wow."

**www.yardsaleaddict.blogspot.com** — For those of you who get voyeuristic pleasure snooping through the possessions of others, this one is for you. Atlanta area resident Tom Zarrilli has attended yard sales for 20 years and considers himself "more of an anthropologist than a bargain hunter."

**www.yardsalequeen.blogspot.com** — Chris from Maryland has a chatty blog with her yard sale adventures and handy tips. During the week she "eats bonbons and watches Dr. Phil" while strategizing her next yard sale shopping spree.

**www.iowajunkgypsies.blogspot.com** — Two ladies decided to make yard sales, flea markets and junking a lifestyle and a living. Check out their surprisingly elegant taste and good eye for second hand goods.

*Spring Training please see page 8*



*Spring Training continued from page 7*

can exercise. Imagine yourself having just earned a raise, gotten a promotion, or won an award. Picture yourself in a happiest moment of your life and feel the change in your body that occurs because of it.

You have the ability to make changes from both the inside out and from the outside in. Imagine the feeling of grief or disappointment. Your body might suddenly fold inward with rounded shoulders and slumped posture. If you experience joy and happiness and exhilaration you will experience a very different kind of posture throughout your body. If you just smile or sit

up taller you automatically feel better.

### Make your own choices

Are you ready to make a change? Are you willing to do what it takes to get somewhere different from where you are now? What setbacks will you have? How will you get back on track? What small steps will you take today? What kind of support do you need...from your family ... in terms of exercise instruction ... from a wellness coach ... a dietician?

What small change will you make this week? If you need to decrease saturated fats, stop smoking and begin an exercise

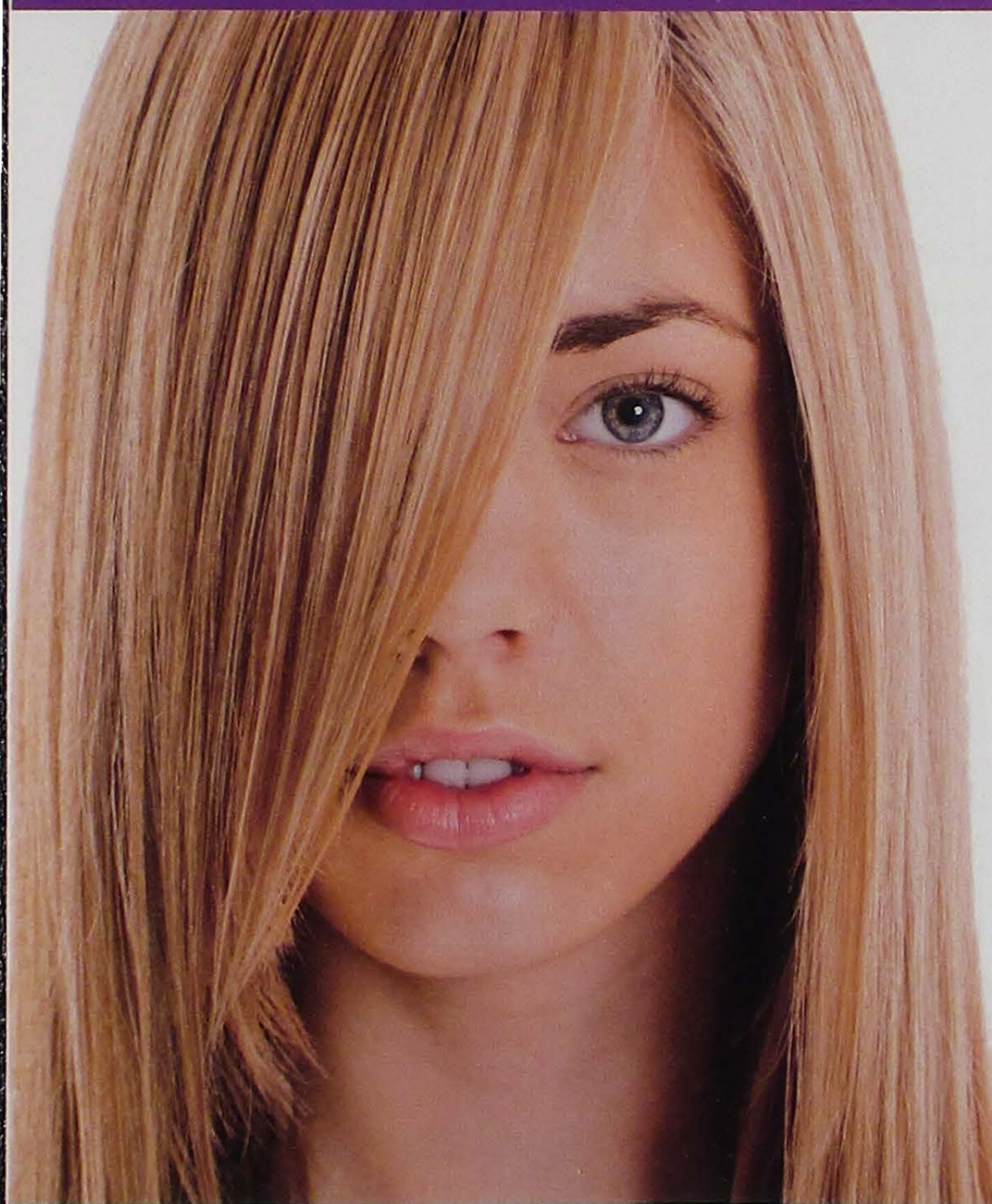
program, aiming to do all of those tomorrow would be overwhelming for anyone. How about beginning to exercise? Get that habit started. Then could you eliminate one cigarette somewhere in your day? Just one. Next week, find a change in your diet that is doable.

The point here? You're in control. No change that is imposed on you from another source, whether it's trainer, instructor, exercise video, spouse or doctor, will stick if you don't have the option to choose it and continue to make choices along the way.

The returns are big!

## SOMETHING to look forward to

BY JOSHUA DUCHENE



your local salon. Second, start to blow dry the hair using your hands to break up the hair as you go.

Continue to blow dry your hair until it is about 80 percent dry, then section your hair using a clip and begin using a paddle brush if you want your hair straight when it is dry. If you are going for more volume in the hair, use a round brush instead of a paddle brush at this point in the process. Most blow dryers come with an attachment that can be used to funnel the air to where you want it. These are good when you are trying to get your roots dry. When you begin blow drying the sections of hair, start at the roots and then work your way to the ends of the hair, working from the base of the head to the top of the head.

Finally, after your hair is completely dry, use a smoothing serum to get the fly-aways to lie down and give your hair a shiny look! (Don't use too much of the smoothing serum as it may cause a greasy look, just a pea size will do the trick.) Using these techniques and having some practice will give you the hair you want that you never thought you could do yourself!

**Q:** Are skinny jeans still in? How do you decide which pair is right for you, because let's face it, they don't make us all look skinny?

**A:** These jeans are probably going to be around for awhile; both women and men have become fast attracted to this style. People of all shapes and sizes are wearing them; they are worn in the office and out at night on the town. Here are some ideas to help you figure out how to pull off the skinny jean fit. The number one rule to remember when buying jeans, especially skinny jeans, is to find the right fit for you. Don't worry about what size you wear, just find the right pair that fits your body best! Also, remember that darker colors tend to make us look slimmer, so look for dark or even black denim to minimize your wider parts. Another rule to follow is to match the color of your jeans to the color of your shoes. By doing this there will be less contrast and will give the appearance of a longer, slimmer leg. If you are looking to wear skinny jeans with flats, be aware that this look will exaggerate your hips and rear. The best way to wear skinny jeans, especially for shorter to average height people, is with a boot or a high heel shoe, as this will help your legs to look longer and slimmer. Skinny jeans can be worn by all body types, so do not be afraid to rock this look for the upcoming spring season!

**Q:** I need some tips on how to blow dry my hair like my hair dresser does it! I can never get it to look like it does after I leave the salon!

**A:** Getting salon hair at home is tricky because usually we do not have an assistant to help us! Wouldn't that be nice? However, I can give you some ideas to help get that just-left-the-salon look.

First, start with a leave-in conditioner, followed by a root volume product or texture/volume spray; these products can be found at

Joshua Duchene is a licensed cosmetologist who works at a salon in Ames. Do you have a question about hair or makeup? E-mail him at [thesalon2008@yahoo.com](mailto:thesalon2008@yahoo.com).



# What's hot and what's not in decorative painting

By CLARE BILLS

**T**he earliest example of faux marble is 4,000-year-old Mycenaean pottery. Marble remains a popular choice in faux finishes, but not all techniques have enjoyed lasting popularity.

Faux finishes (French for fake) originally referred to paint techniques that imitated the look of marble, stone, linen, silk, suede, leather or brick. Decorative finishes refer to paint designs created for their beauty alone. The explosion of interest in decorative arts in the past three decades has blurred these definitions, and the terms are now used interchangeably by most.

The interest in decorative painting has come about for a variety of reasons:

- New products that stimulate the imagination, such as plasters that crackle, glazes that stretch, foils that gild and paints that sparkle.

- The variety of surfaces to transform. In homes, offices, restaurants and stores you can see faux finishes on walls, ceilings, fireplaces, furniture, mantles, picture frames and, yes, even pianos.

- Relief from builder's beige. Even as blah beige rules supreme in the Midwest, timid homeowners will dip their toes in the faux waters by having an accent wall painted or a cupboard crackled.

- Paint is like magic. When you transform something, like a huge wall of dark brick that is sucking the life out of a room, and turn it into a light, airy marbled wall, you realize the power of paint.

However, all that gilds is not gold, so let's sort out the trends in decorative finishes.

## What's not hot

- Blotchy sponge jobs. The sea sponge was meant to be a tool, not a technique. Sometime in the 1990s people (including moi) started dipping them into full strength paint and blotting them on walls like ink splashes. Reds were applied next to purples and green. Turquoise lived next to pink. Blot these out of your homes and your memories.

- Rag rolling. Another misguided idea. People (including moi) dipped rags into paint and then rolled them up and down a wall repeatedly. It was a messy job that left strange vertical patterns and paint running down your arms. Roll right over these.

- Sand textured paint. In this scenario, heavy granules, like mini rocks, were added to paint and rolled onto the walls leaving them painful to the touch. They also create a headache to sand off once you realize it's like having briars glued to the walls. A klutz's worst nightmare. I know. Happy sanding.

- Stenciling a ring around the room. Stenciling is an art form unto itself, but if your home is still sporting a border that marches along your ceiling, stamp it out.

## What's hot

- Metallics. Metallic paints and plasters are very big. However, rather than spotlight their shiny qualities, they peek out from

glazes, crackles, stencils and plasters.

- Subtle movement. Whether you're using a glaze, metallic paint, or a plaster, use less contrast with your colors to achieve a calmer wall or ceiling design.

- Rich colors and embedded stencils on ceilings, especially for dining rooms and master bedrooms.

- Plasters of all sorts. Icy smooth Venetian plaster, old world crackles, tone-on-tone metallic plasters where two or three similar colors are blended for a barely there design. Plasters are also popular for embossed stenciling designs around ceiling fixtures, as faux tiles and backsplashes and as randomly placed elements on walls.

- Marble and stone looks continue to grace columns, table tops, crown molding, fireplaces and other areas.

As you open the windows and let spring into your home, add some graceful accents to your walls, ceiling or furniture that reflect your inner artist. Check my Web site for dozens of other ideas at [www.colorfauxdesigns.com](http://www.colorfauxdesigns.com).

Photo by Clare Bills/Facets

Old world crackles, like this one, are blended for a barely there design.



## Holly's has the brands you love

- Tribal
- Christine Alexander
- Alfred Danner
- Not Your Daughters Jeans
- Koret
- Brighton
- Woolrich

*Holly's*  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-5:30	9-5:30	9-5:30	9-8	9-5:30	9-5



# april CALENDAR

## THURSDAY, APRIL 1

### Screenprinting with Jessica Baseler

— Learn an inexpensive way to create custom T-shirts. Using your own creative designs, learn to make a screen with the photographic emulsion method. Bring in your shirts and print away. Meets Thursdays for four weeks from 7 to 9 p.m. at the Workspace in the Memorial Union.

## FRIDAY, APRIL 2

### Folk singer Bonnie Kuloc

— Concert begins at 8 p.m. at the Maintenance Shop in the Memorial Union. Tickets are \$17.

## SATURDAY, APRIL 3

### The Fashion Show 2010

— The Fashion Show is an annual student-run event showcasing the work of student designers and models. The exhibition at Stephens Auditorium begins at 1 p.m. followed by the runway show at 2 p.m. Cost is \$22 for the general public and \$16 for students with ID.

## MONDAY, APRIL 5

### Basketweaving with Jan Smith

— Subtle colors of smoke, walnut, terra cotta and natural reed are blended together to make this basket a beautiful addition to your collection. Section I is from 6 to 9 p.m., while Section II is April 12 from 6 to 9 p.m. Classes are in the Workspace at the Memorial Union. Cost is \$35.

## WEDNESDAY, APRIL 7

**"The Time to Relax is When You Don't Have Time for It: Finding More Balance in Your Life,"** — a lecture pre-

sented by Regenia Bailey at 7 p.m. in the Oak Room of the Memorial Union.

## SATURDAY, APRIL 10

### George Strait and Reba McEntire

— The show begins at 7 p.m. Tickets are \$90.50 and \$70.50, and are available at the Wells Fargo Arena Box Office, all Dahl's Foods locations, online at dahlstickets.com or charge by phone at (866) 55-DAHLS.

### The Morning Benders with

### Miniature Tigers

— Show begins at 9 p.m. at the Maintenance Shop in the Memorial Union. Tickets are \$8 for students and \$10 for the general public. There is a \$2 day-of-show increase.

## FRIDAY, APRIL 16

**"Guys and Dolls,"** — A New York gambler, Sky Masterson, takes a \$1,000 bet that he can't get Sarah Brown from the Save-a-Soul Mission to go to Havana with him. The bet has a hidden motive to finance a crap game. Sky has always been lucky, but Sarah seems immune to his charms. Will Sarah fall in love or will Sky's luck run out at last? Winner of the Tony Award for Best Musical. Show is at 7:30 p.m. at Stephens Auditorium. Cost is \$20. Tickets are available through Stephens Box Office, Ticketmaster or at the door.

## SATURDAY, APRIL 17

### AC/DC's Black Ice World

**Tour** — This performance was scheduled for Oct. 10, 2009, and was rescheduled for tonight at 7:30 p.m. All previously purchased tickets for the Oct. 10

performance will be honored. Tickets for the show at Wells Fargo are \$90.50, and are available at the Wells Fargo Arena Box Office, all Dahl's Foods locations, online at dahlstickets.com, or charge by phone (866) 55-DAHLS.

## SATURDAY, APRIL 17

**"Guys and Dolls,"** — Show is at 7:30 p.m. at Stephens Auditorium. Cost is \$20. Tickets are available through Stephens Box Office, Ticketmaster or at the door.

## THURSDAY, APRIL 22

**"Cabaret"** — Singer Sally Bowles and Cliff Bradshaw, a young American writer, seek the warmth of each other's company as their world — Berlin at the rise of Nazism — turns even colder. Show begins at 7:30 p.m. Tickets \$20 to \$47 and are available at the Stephens Ticket Office, through all Ticketmaster ticket outlets or by phone at (800) 982-2787.

## SUNDAY, APRIL 25

**"The Pillowman"** — This presentation centers on a writer in an unnamed totalitarian state who is being interrogated about the gruesome content of his short stories and their similarities to a series of child murders. The result is an urgent work of theatrical bravura and an unflinching examination of the very nature and purpose of art. Show runs from 2 to 4:30 p.m. at the Maintenance Shop in the Memorial Union. Tickets are \$4 for students and \$6 for adults.



# Rabbits, rabbits and more rabbits

April 2010 | FACETS | 11

By PEGGY BEST

**'B**e vewy vewy quiet, I'm hunting wabbits." — Elmer Fudd

After rabbits destroyed much of our landscaping this past winter, I'd like to hire Elmer Fudd to stand guard in our back yard. However, that probably isn't the best solution. You may get rid of a few rabbits, but more will just take their place.

We have always been diligent about putting fencing around our row of burning bushes, which has successfully kept the rabbits out for nine years, but this winter the rabbits finagled their way in and chewed the bark off the bushes. We had also fenced in our lilac bushes, and were amazed to see that they made their way inside. I have heard many people say that rabbits were eating plants and bushes they normally have left alone in the past. Is the rabbit population growing? Was the winter just so harsh that the bunnies were starving and it made them less picky with what they ate?

Since we have to start from square one and put in new plantings, I hunted around online and found some helpful information. I found a list of "rabbit resistant" plantings that anyone having the same difficulties might consider. Some of the more rabbit resistant perennials or annuals you could try would be sage, impatiens, begonias, bleeding hearts, daffodils, lamb's ear, and black-eyed susans. You may have good luck with such shrubs as holly, boxwood, sumac, salvia and butterfly bushes. For you avid gardeners, rabbits seem to avoid garden vegetables such as potatoes, corn, squash, tomatoes and cucumbers. Everything else is yummy on their menus. One item that rabbits are particularly crazy about is tulips. I can attest to that. I planted more than 100 tulip bulbs a few years ago, only to have the rabbits eat off every one of them down to the ground.

What else can we do to keep the rabbits out of our yards? The best thing to do is to put up a fence to protect your gardens, bushes and plants. A 3-foot tall fence made of chicken wire or wire mesh that is 1" or smaller works well. If you can bury the fence a few inches into the ground even better, and check the fence each year when you put it up for broken wires. You can have 100 feet of fencing around your plants, but if there is one broken wire that is big enough for a rabbit to get into — it's all for naught. Aha! When we did a visual check on our fencing, sure enough we found two broken wires leaving an area large enough for those pesky critters to enter and exit. Also, when it snows, make sure to shovel around the outside of the fence to keep the height of the fence at least 2 feet. Rabbits can jump.




Removing areas around your yard that makes the environment less inviting for rabbits is also a good idea. Removing brush piles, patches of weeds, etc., so the rabbits won't feel right at home. There are some rabbit repellants you can use, but some smell really bad. They do work well, but you must be consistent and steadfast with reapplying.

I also found some fun rabbit facts while surfing on the Internet. Rabbits can see behind them without turning their heads, the largest litter a rabbit has ever had is 24, a normal

litter is three to four rabbits. A baby rabbit is called a kit, a female rabbit a doe. A group of rabbits is called a herd, and a herd of rabbits live in what's called a warren.

So, let me "warren" you that it appears we will have these furry friends around for a long time. Perhaps using some of the ideas above will help us to harmoniously co-exist with them. However, Elmer Fudd may not be too happy about that.





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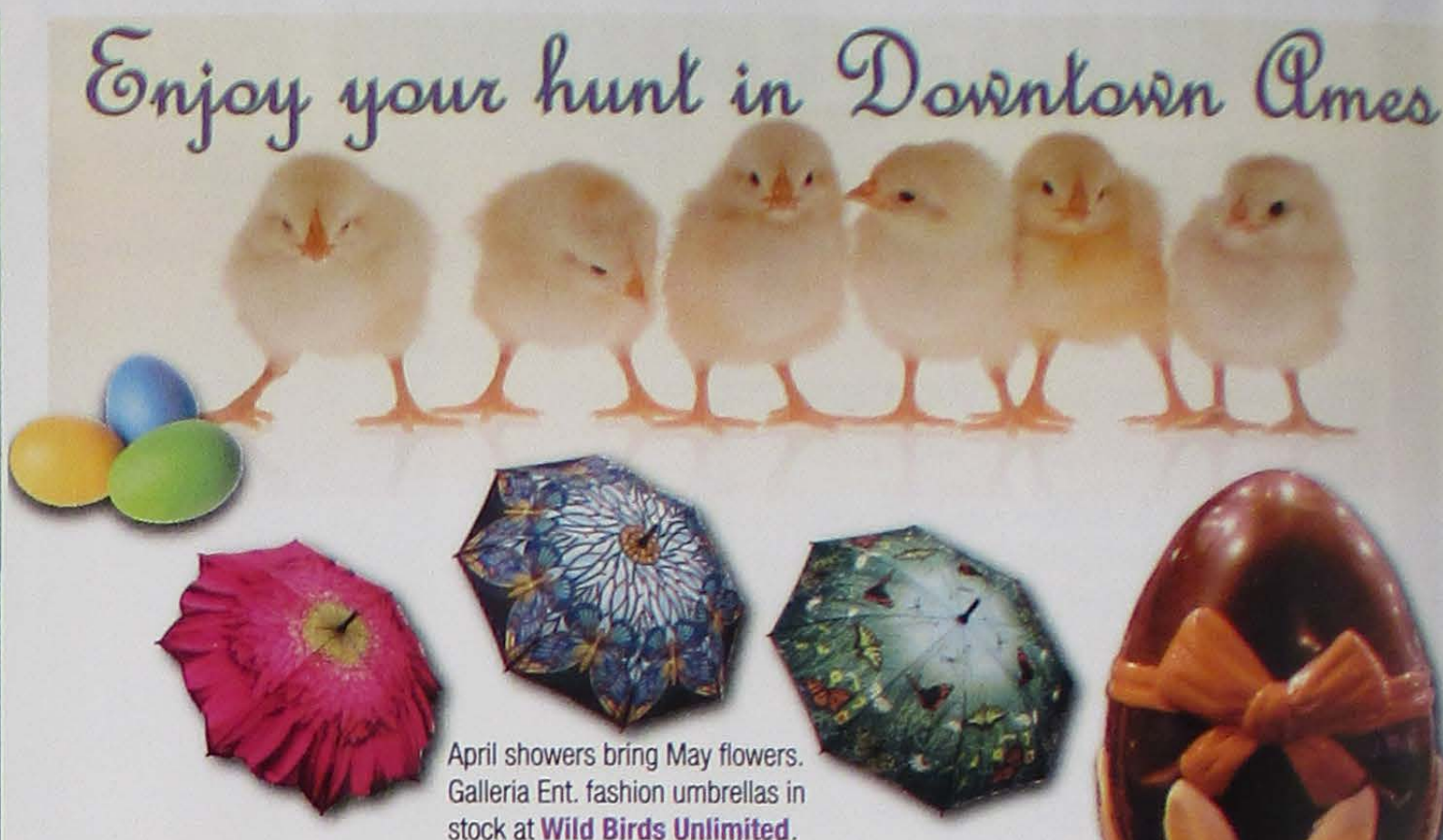


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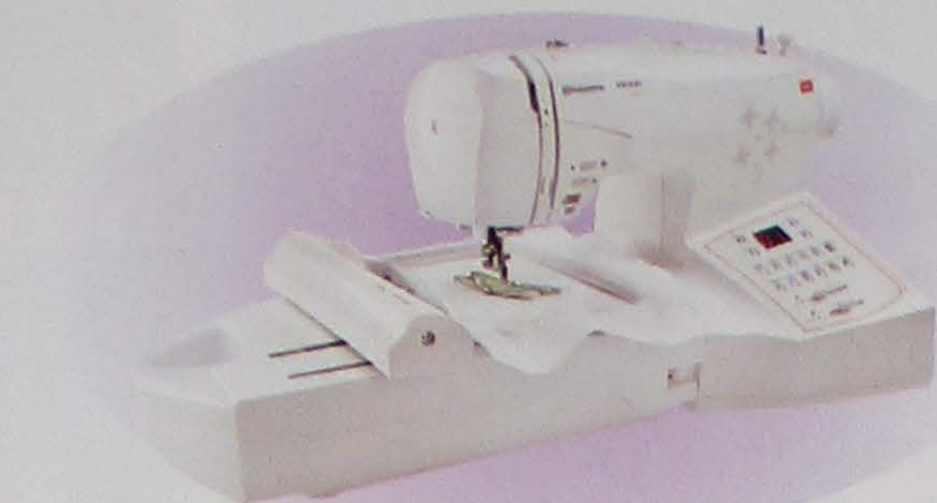
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— Kelly Irwin, current owner

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# FOOD**bites**

## Asparagus — raspberry medley *a preview of coming attractions*

By DEBORAH BUNKA

**T**here is nothing that heralds the arrival of spring like the first appearance of fresh, locally grown produce. In central Iowa this means asparagus, lettuce, radishes, rhubarb and spinach with strawberries, blueberries and raspberries a month or so behind them. In spite of the blizzard of complaints that this year's colder winter weather has engendered, we Iowans are lucky to live in a climate where such a variety of produce can be grown in our own back yards. It makes turning the spring harvest into menu items much easier and the results much tastier.

My love affair with asparagus is long-standing. Over the years I've prepared it in a number of different ways but always, my first instinct when I see it, is to do as little as possible. Simply trim and steam or, better yet, wrap the spears in tin foil, splash on some olive oil and balsamic vinegar

and dust with a smidgen of curry powder. Then, seal the foil and bake or grill. Voila! A mere few minutes is all it takes to make a masterpiece.

Resisting the impulse to do as little as possible would be difficult, but I decided I wanted to try something more complex, mixing two distinct tastes of spring that would not normally be found together in the same recipe. The trick is to have neither taste overwhelm the other but still have it come together beautifully. The name of the recipe I chose speaks to this task perfectly — asparagus-raspberry medley. What unites the main ingredients is the added touch of toasting the pecans. They are the rich, buttery bottom note that supports the unique taste of asparagus and the fresh, tangy taste of the raspberry sauce. Surprisingly easy to make, this dish was like a preview of coming attractions. I can't wait for spring to arrive!

## Raspberry-asparagus medley

*Yield: 6.5 Cups*

### Ingredients

- 1 Tbsp white wine vinegar
- 2 Tbsp raspberry preserves
- 1 ½ tsp Dijon mustard
- 1/8 tsp salt
- ½ tsp grated lemon peel
- 1 lb (1-inch) sliced asparagus
- 1 ½ c fresh raspberries
- 2 Tbsp finely chopped pecans, toasted

### Instructions

1. Combine first four ingredients in a small saucepan. Bring to a boil. Remove from heat, stir in peel.
2. Steam asparagus for approximately 2 minutes. It should still be slightly crisp. Douse with ice-cold water and drain completely.
3. Combine preserves mixture, asparagus, and raspberries in a bowl and toss gently to coat. Sprinkle with pecans.



## Questions on building your nest egg?



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# A welcome spring brunch

By CANDY ANDERSON



Photo By Candy Anderson/Special to Facets

*Confetti egg bake, a sizzling German puff pancake topped with fresh berries, baked ham with roasted pineapple, fresh blueberry muffins and a bouquet of brightly colored fresh flowers greet guests at a Celebrate Spring Brunch.*

## Confetti egg bake

### Ingredients

¼ c chopped green pepper	1 Tbsp Flour
3 Tbsp butter	1 c milk
8 beaten eggs	1 c shredded cheese
2 Tbsp chopped pimento	¾ c buttered breadcrumbs

### Instructions

In large skillet, sauté pepper in 2 Tbsp butter. Add eggs and soft scramble. Set aside. In saucepan, melt remaining butter; blend in flour and then whisk in milk. Cook until bubbly and thick. Add cheese, eggs and pimento and gently fold together. Pour into a 1 quart buttered casserole and top with bread-crumbs. Bake 30 minutes at 350 degrees.

## German puff pancake

### Ingredients

4 Tbsp butter	¼ c sugar
½ c milk	2 large eggs
½ c flour	

### Instructions

Preheat oven to 425 degrees. Add butter to a 10" oven-proof skillet and place in oven to melt. Whisk milk, flour, sugar and eggs together. Remove hot skillet from oven and fill with batter. Place in oven and bake until puffed and golden, about 12-15 minutes. Top with syrup or assorted berries dusted with powdered sugar.

**W**e have been in hibernation mode at our house for so long that the throw that has warmed me each night as I assume my coach potato posture has become my security blanket. I have cooked (and consumed) every comfort food known to man. I have refused to venture out of my home some days unless it was a dire emergency. I have even stayed dressed in flannel-wear for the day because it was just too much effort to get dressed.

A recent trip to the grocery store, however, coaxed me from my winter's sleep by giving me hope that, yes, spring would eventually come this year. Tall, bright green and reasonably priced asparagus stalks beckoned me to choose them while piles of crimson strawberries glistened nearby. Bins and bins of fall and winter apples and squash had been replaced with pineapple and melons, artichokes and new potatoes, and a kaleidoscope of fresh berries. And nearby buckets of daisies, hyacinths, tulips and calla lilies brought me to the realization that a celebration was in order. Lets celebrate spring!

My favorite entertainment meal has always been brunch. An anything-goes combination of breakfast and lunch, brunch can be as casual or as elegant as one likes and usually features many prepare-ahead dishes, leaving more time for the cook to enjoy guests. With brunch in mind, I grabbed my shopping cart and began selecting from the palette of available spring foods. Strawberries, blueberries, pineapple, watercress, asparagus, oranges, orange juice, and ham and eggs filled my cart, and an assortment of fresh flowers completed my list.

A German puff pancake provides a delicious base for an assortment of fresh berries. As easy as combining a few ingredients and popping it into a hot oven for a few minutes, the buttery puffed-up pancake makes an elegant and delicious crowd-pleasing part of a breakfast or brunch meal. When paired with ham, bacon or sausage and perhaps an egg dish, some would call the meal complete.

For my celebration I was compelled to include succulent asparagus, roasted with a little olive oil and sea salt and, as a companion to the ham, roasted fresh pineapple with just a touch of honey and cinnamon to enhance the caramelizing process. With some fresh blueberry muffins, a peach and orange juice spritzer and a freshly brewed aromatic pot of coffee, our menu was complete.

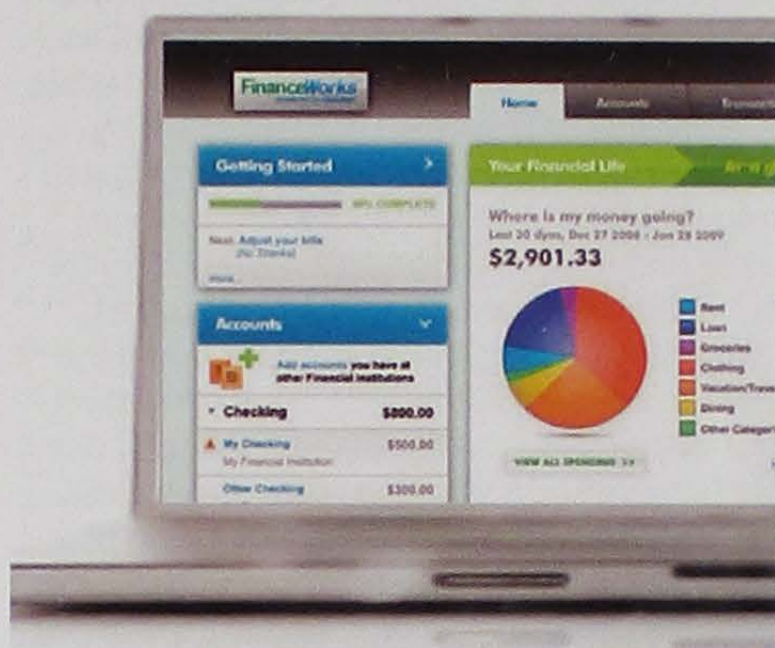
From the fresh flowers adorning the buffet to the berry-topped pancakes, it was obvious that the beginning of a new season was imminent and that this year, of all years, it was definitely time to celebrate spring. Put away the comfort food recipes and those cozy throws, bring in some pastel flowers, grab your fresh and light recipe favorites and welcome spring into your home. Now is the time to celebrate the tastes and scents of the season.



# girlfriend's **GUIDE** to... **FINANCIAL** independence

## Can you control future healthcare costs?

BY KAREN PETERSEN



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**“W**hat can I do to prepare for retirement?” This question was from a 56-year-old financially savvy, intelligent, well educated woman.

### She did all the right things:

- Track expenses.
- Contribute the maximum to her retirement plan.
- Pay credit cards in full.
- Save for new car purchase; no monthly payments.
- She even “moved up” to her perfect long-term retirement home.

She didn't want to talk about what she was doing well, she wondered what she could do to control healthcare costs in retirement.

### How do you control future healthcare costs?

Women are good at knowing what they can and can't control. Most of us can't control legislative decisions about healthcare. You can make decisions to control the quality of your future long term care (LTC).

### Will you or a family member need long term care?

It appears there will be a crisis in long-term care in this country and it is likely you and your family will be affected. Here are U.S. Census projections:

- By 2030, one in five Americans will be a senior citizen.
- By 2010, we are there, almost half of the U.S. workforce will be caring for an elderly parent.

*Girlfriend's Guide please see page 17*

## Make a decision:

### Should you consider Long Term Care Insurance?

How old are you? The best time to apply for LTC insurance is between 50 and 65 years old. The younger you are the lower the premium. Apply while you are healthy. Long-term care insurers are unlikely to insure a chronically ill person.

When you apply at a younger age, it is a financial decision if you wait until you see friends who need long-term care, it can be a difficult emotional decision. What is your family health history? Is there chronic memory loss, Parkinson's, Alzheimer's, senility or dementia or multiple strokes? Family history is often an indicator of your future need for LTC.

If you already have symptoms or a diagnosis it is unlikely you will be able to

obtain LTC insurance.

Talk with your certified financial planner to determine if your income and assets indicate a need for LTC insurance. A simple guide is:

- If you have assets of \$75,000 to \$3 million LTC insurance may be a good choice.

Assets of less than \$75,000 would be depleted quickly and Medicaid will pay.

- If you have assets of \$3 million it is likely you will be able to pay the cost of LTC.

The only thing left is to make a decision; when you have all the facts give yourself a deadline and make a decision.



*Girlfriend's Guide continued from page 16*

**And it is not just the elderly:**

- A third of the people who have a stroke are under age 65
- 40 percent of the people who need long-term care are ages 18 to 65.

Think the government will take care of you? Consider these facts:

- Medicare pays long-term care in very few circumstances; a few weeks of skilled care in your home or a nursing home and then Medicare is out of the payment mode.

- And you don't want to count on Medicaid, a program designed to help people with very low income and assets, to pay for your care.

I hear this comment often, "I know of people in nursing homes who are on Medicaid; these people receive the same care as private pay patients." I know of those cases also, but ... will that be true when you need care?

The government wants you to plan for your long-term care needs; long-term care insurance may be a part of the solution.

**This is a women's issue because:**

- Women live longer than men.
- Women require lengthier care as they age.
- Women assume responsibility for their extended family's health and welfare.

**Long-term care insurance provides many types of service:**

- Home health care
- Assisted living
- Adult day care
- Hospice care
- Alzheimer's care
- Medical equipment
- Home-delivered meals

It's time to talk about the problem. Talk with your employer; is LTC insurance of-

fered as a benefit? Talk to your family. Ask your parents about their long-term care provisions. Talk to your children about your long term care options.

**Because life is ... more than money**

*Karen L. Petersen CFP® CDFA™ is a fee-based financial advisor. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net. Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.*



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# Is mineral makeup right for you?

By KATHY L. COOK, MD



**S**pring makes us think of refreshing our colors in our wardrobes, homes, and possibly even our makeup. Eye color and nail colors are predicted to be bright for spring 2010. Foundation makeup, however, is not usually something that is changed from year to year. Most of the time, we are striving to look natural and even out skin tones. There are a wide variety of foundation products available, and mineral makeup products continue to be top sellers since debuting on the QVC shopping channel in 1998.

What constitutes a mineral makeup? There is no set regulation about what constitutes "mineral makeup." Any product with the primary ingredient listed as a mineral can be marketed as such. Most refer to products made of natural, finely ground minerals from the earth without any chemicals, dyes, or preservatives, and "true" mineral makeup contains four to five main ingredients; titanium dioxide, mica, iron oxides and zinc oxide, and some include bismuth oxychloride. Foundation is typically what people think of as a mineral makeup, but blush, eye shadow, and eyeliner are also part of the product lines. The makeup can be loose, pressed or in liquid form. Skin warmth

causes the minerals to liquefy to form a finish. It does not take a lot of powder for good coverage, so the makeup product can last longer and end up being less expensive to use.

The main ingredients have the following functions. Titanium dioxide is used for its thickening and whitening properties and is a physical sunscreen. Zinc oxide is also a physical sunscreen and has water resistant properties. It also is "calming" to the skin and will reduce irritation and promote healing. Bismuth oxychloride is a pearlescent mineral that provides "glow." Mica is a sheer, translucent and skin-hugging mineral that reflects light from the face to create the illusion of smoother, softer and more radiant skin tones. Iron oxides add color to the foundation.

Some benefits of mineral makeup include that it provides a light-feeling, natural, long-lasting coverage, which is noncomedogenic, and has sunscreen protection. Some complaints include that it can be drying, irritating, accentuate wrinkles, and color tones can be a problem in particular for darker complexions. Some worry about the particle size and that making these minerals into nanoparticles (extremely small particles)

can penetrate damaged skin to possibly create problems. The bismuth oxychloride is a mineral but not found in the earth. It is a by-product of lead and copper processing and can cause itching and irritation. People with acne, rosacea or sensitive skin may want to avoid this ingredient, although there may not be enough of it in some products to cause problems. The brushes used to apply the makeup could be made of animal fibers, which could also cause irritation if you are allergic to that animal.

Some common brands include Bare Essentials, which has just five ingredients. Color Science uses a goat bristle brush and may contain manganese violet, ultramarine blue, chromium oxide and carmine. Jan Iredale has some additives including plankton and algae extracts. Glo Minerals has vitamins C, A, K, E and green tea extract and paraben as a preservative. Mineral Hygienics is bismuth free. Many companies have mineral makeup that have ingredients added such as fillers, and some add antioxidants. I recommend you read the labels and keep this information in mind when selecting a product.



# Planning a wedding

By NICOLE LENZ

**W**ell, April is finally here and tah dah! So is my big day! After a year of careful planning, showers, parties and tastings, I am just days away from walking down the aisle. Now, I'm no pro when it comes to planning weddings, but I have learned a thing or two in the past year. I thought I'd share a few of the top tips I've discovered so those of you with bling on your finger can plan the wedding of your dreams.

## It's all about the dress.

Let's face it, after the proposal, it's time to get moving ... to your favorite wedding shop. The dress is not only the main focus of the wedding but the rest of your event will be shaped according to the gown. If you pick an ivory dress, for example, ivory linens will be needed at the reception, ivory flowers will be used instead of white and even the men will need to wear ivory shirts under their tuxes. It will also set the tone of the wedding. If you pick something short and sassy, the feel will be more casual. A long, regal gown will mean a formal, decked-out event. Most importantly, pick something that is comfortable, flattering and never settle!

**Venue is key.** Deciding where to have your ceremony may easily be your childhood church, but it could also be a destination wedding at a beach. A reception venue large enough for your guests to feel comfortable will also need to be chosen. Wherever you decide to have it, make sure you book it as early as possible. Most places will have Web sites with a photo gallery, contact information and visiting hours. Scout out at least five possibilities and don't be heart-broken when you can't book your favorite. No matter where you have it, your guests will be happy as long as it's close enough to the ceremony and easy to find.

**Build a budget.** Don't be afraid of this one. Search online to see what the average wedding in your area is to help you come to

a reasonable budget. Decide who will pay for what and then settle on a worst-case scenario sum that can be paid without breaking the bank. Make sure to include things like the dress, invitations, favors, food and wedding party gifts so that no expense is a

**Take the time to plan the wedding you always dreamed of, and enjoy the little things like tastings and registering.**

surprise.

**Have a buddy.** To plan a wedding with no help would be no fun and very stressful. Make sure you've got help from your maid of honor, your mother or even your future mother-in-law. These women are great to have around for everything from opinions to finishing the DIY aspects of the event. They

can also lend a helping hand on the big day so that you can breathe easy. Wedding coordinators are also helpful and knowledgeable on all things that you may not think about. If, like me, you decide on a destination wedding, a coordinator (or two) is an absolute must. They will help get things in order, decide on what decorations are best, figure out flowers, centerpieces and even educate you on how to get your marriage license in that area.

**Relax, have fun and take your time.** This is not only a tip but a reminder. There will be times when things don't go as planned, but remember that it will work out in the end. Sometimes the unexpected ends up being a lot of fun, and at the very least, comic relief. Being engaged should be a wonderful time in your life and something to be enjoyed. Take the time to plan the wedding you always dreamed of, and enjoy the little things like tastings and registering. These activities with your future husband are the first steps to the rest of your life and should be bonding moments. Make the most of this time and your wedding will fall into place!





# a FACETED woman



**Name:** Andrea Henry

**Age:** 34

**Position:** Executive director, YWCA Ames-ISU and owner of A Henry Solutions — freelance graphic design, marketing and event planning.

**Family:** Husband, Steve; 3-year-old

daughter, Jaedyn; two boxers, Meow and Bowzer; and one cat, Echo.

## What would you do with \$1,000 to spend on yourself?

Use it to partially fund a trip to an all-inclusive resort somewhere tropical. I would spend my days eating great food, soaking up the sun, enjoying water sports and relaxing.

## 1. Your favorite meal:

Tomatoes and cucumbers fresh picked from the garden with an ear of buttered Iowa sweet corn on the side.

## 2. Craziest fashion you ever wore:

I've always loved scarves. One year for homecoming in high school I fashioned an entire outfit out of metallic gold scarves my mother sewed for me. A shiny jacket and pant/dress combo. Now, looking at the pictures, I realize how ridiculous I looked. But at the time, I was very proud of my misguided fashion sense.

## 3. I never leave home without:

Earrings. I feel my face looks naked without them.

## 4. Your favorite motto:

Do what makes you happy and don't waste your time or energy on people and things that make you miserable.

## 5. What makes you happy?

Enjoying nature, particularly near the water on a warm, sunny day.

## 6. What makes you feel confident?

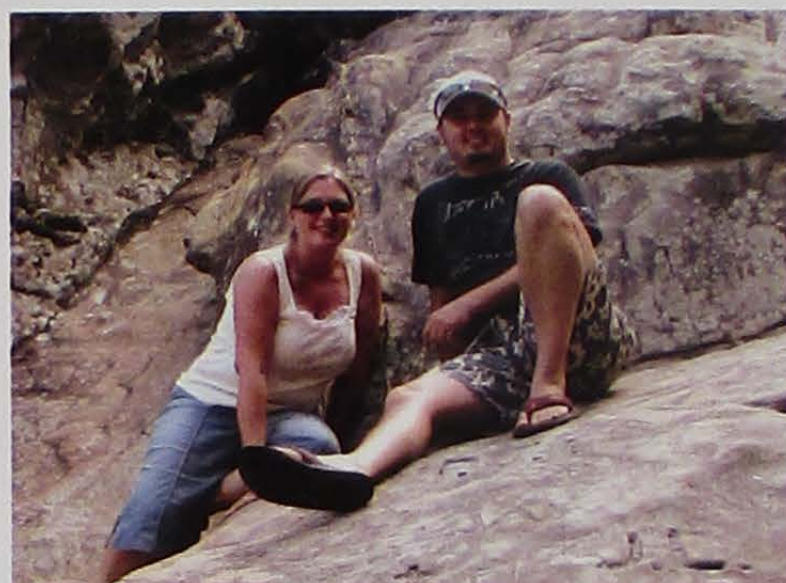
Speaking in front of others on topics I'm passionate about.

## 7. What makes you laugh?

Watching my 3-year-old relate to the world. It's hilarious to see how she acts out through play what she is observing on a daily basis.

## 8. Do you believe in New Year's resolutions?

Do you have one this year? I don't believe making resolutions for the New Year just because it's expected works. I believe if you truly want to change something you



Andrea and her husband, Steve, enjoy a vacation at Robber's Cave State Park in Oklahoma.



Andrea, Steve and their daughter, Jaedyn, 3.

will do it on your own schedule and be more likely to stick with it. In December, I decided that I was going to exercise more with no other reason in mind other than to be more healthy for myself and my family. I'm a complete klutz and working out around others always intimidated me. I'm happy to say that I now hit the gym an average of four times per week and am loving every minute of it.

## 9. Best tip to look and feel great:

Being active in mind and body. Nothing wears you down faster than sitting around doing nothing for too long.

## 10. If you could do or be anything you want, what would it be?

It's a toss up between two very different paths. I would love to travel the country and be a professional speaker or have an architectural salvage business that helps preserve interesting pieces from the past.

## 11. If you knew then what you know now, what would you have done differently?

I would have gotten more involved in my community at an early age. Opportunities to do some really cool things just seem to happen by being involved. Plus, you meet the most amazing people.

## 12. My simplest pleasure:

Sitting on a boat in the middle of the lake with my family and friends enjoying nature and our time together.

## 13. When I am an old lady:

I want people to say that I was a kind, thoughtful person, and bask in the joy the wonderful people I've surrounded myself with have brought me.

## 14. I am thankful for:

Being born in a place and time where I'm allowed to be whatever I want to be. I'm allowed to hold a job, own my own home and business, express my own opinion and be treated as an equal to men. I think my generation forgets how hard other women in our country fought to gain basic rights, and that the fight that is still raging across the globe for basic rights we take for granted.

## 15. What kind of chocolate do you like/prefer? If you want, describe how you enjoy chocolate.

I prefer dark chocolate and die for these creamy Belgium chocolate truffles my Realtor delivers each holiday. But my absolute favorite year-round chocolate delivery system is a fudgy, gooey turtle brownie.



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# No matter what your situation is The Ames Contracting Team can help...

When Christine and Arnold Cowan decided to remodel their bathroom, they knew it would be a major project. "The bathroom was put in in the 1950's and over time things deteriorate," explained Christine Cowan. "We had persistent issues with mold so we knew we needed to do something drastic."

The family sat down with Ames Contracting Team and developed a plan. Christine praised the team for listening to her and taking her ideas seriously throughout the planning process. The resulting project was a major facelift for the Cowan home. "We went the whole nine yards from soup to nuts," Christine explained.

Geisinger Construction began by ensuring the flooring was sound. Water damage over the decades had taken their toll on the floor and much of it had to be removed and a new sub floor constructed. According to Christine,

the floor under the bathtub was particularly problematic but ACT rose to the challenge and took the time to do the job right. Flooring Gallery then worked with the family to select flooring to finish off the project and achieve a clean, spacious feel in the small space.

To contribute to that feeling of spaciousness, Geisinger also added a pocket door and Thompson Electric installed new lighting. "When you walk in the lighting is very good - exactly what you need in there," Christine said.

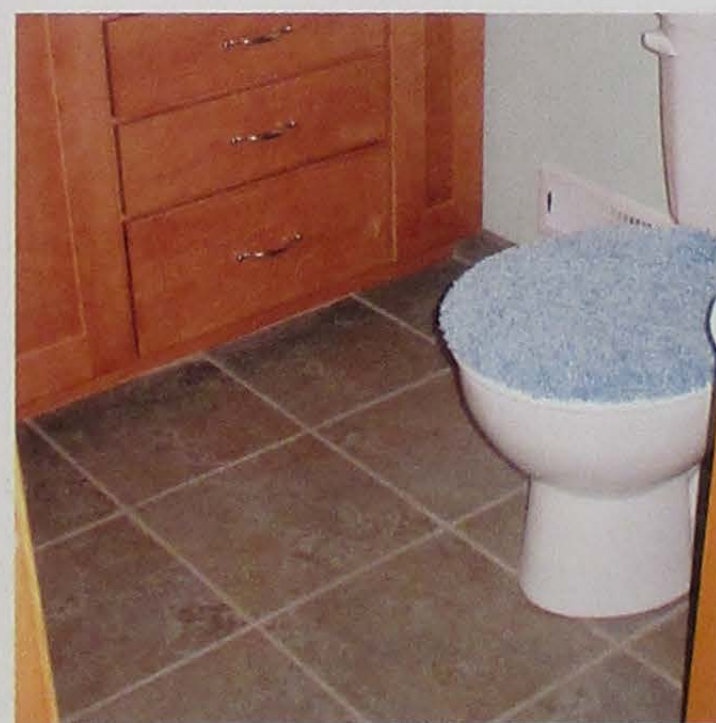
Storage was a priority for the Cowan family, so new cabinets were added. "I have these gorgeous cabinets now," Christine described, "and the storage is wonderful."

Benjamin Franklin Plumbing stepped in to install all the essential bathroom elements. Christine stressed the flexibility and exceptional customer service provided by the company

throughout the installation process. "I thought I wanted chrome fixtures," she recalled, "but when they came in I realized they weren't what I thought." The company gladly accommodated the last minute change and the Cowans now have fixtures Christine refers to as "soft silver." In addition, she added, they are enjoying considerably more room in their shower.

The Cowan family has undertaken remodeling projects with other contractors in the past and found themselves uniquely impressed by the level of respect all members of the Ames Contracting Team showed for their home and family. "They were on the job when they said they would be and if they couldn't come for some reason they always called us. They were respectful of our time. They were done each day when they said they would be and they didn't ever leave me a mess."

The Cowans are now breathing easy in their mold-free bathroom thanks to ACT. "I was very happy to work with them and I would work with them again," praised Christine Cowan.



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# hue & cry

Definition: Any loud clamor or protest intended to incite others to action.

BY MARY HALSTRUM, Facets Editor



**E**nough is enough. I'm sick and tired of the extreme cold and snow. This winter has been very long, with freezing temps and lots of snow, and I can hardly wait until spring arrives. I feel like my entire family has cabin fever, which is exactly what happens when four people are stuck inside a house for three months — together, bored, and getting on each other's nerves. I've already made a solemn vow that no matter how hot it gets this summer, I will not complain about the heat or humidity, even during the Iowa State Fair. I promise.

My husband and younger daughter have had the worst of it in our family as far as being stuck inside. Kevin has been laid off for seven months at press time, so he watches Rachel, who just turned 4, on a daily basis. The record-breaking winter, not to mention lack of spending money, has made it hard for them to leave the house as much as they'd like. At least my older daughter, Katharine, and I get to go outside into the real world five days a week, so we get a little relief from being cooped up.

And something else I won't miss at all about winter — driving around during or after ice and snow storms. This year was

especially harsh as it seemed that almost every week early on some massive storm brought tons of ice or snow our way, which made driving to work or anywhere literally impossible and downright unsafe. I love my job, don't get me wrong, but I'm certainly not going to risk my life to get there.

And speaking of snow, my school-age daughter had six snow days this year, but snow days kind of lose their gleam when it's too cold, snowy, fill in the blank here, to play outside, and you have to make all of them up at the end of the year. I remember when I was a child and school was called off due to snow. Those days were few and far between, and I certainly don't ever remember school being called off because of it being too cold. Times have changed, or maybe just the weather has.

As the month of April approaches, gardening becomes the topic of conversation in our household. Nothing says spring like planting a garden. Last year we had good luck with tomatoes and green peppers, but our other garden choices, not so much. This year I think purchasing a gardening book might be in order considering that prior to last year, I had never had a full-on garden,

just a couple of tomato plants here and there. Perhaps a book about gardening might give me some insight (directions) on

how to plant cauliflower and carrots in such a way that they'll actually grow into something resembling food we could actually eat.

One of the great things about springtime for me is to see the color burst of green everywhere with the grass, flowers and trees coming alive again. And then there's the unmistakable smell of a barbecue. And with Daylight Saving Time, I have more hours of daylight to run errands after work or play outside with my kids.

But my absolute favorite thing to do with the changing of the seasons — switch out my closet and drawers. Gone are my heavy sweaters and pants, jeans and boots, and they are replaced with skirts, short-sleeved tops and sandals. And out comes the tanning lotion so as to not scare anyone with my lily white legs as that certainly wouldn't be a good way to start such a lovely season.

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